| All times are Cel | ntral Time Zone. Prog T | irams marked * are 30 m | in and ! are 1 nour |
|-------------------|------------------------------------|--|---|
| Date and Time | Program | Talent | Description |
| 2019-10-01 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses the cause of |
| | | | hypertension. |
| 2019-10-01 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Daniel | Dick Nunez, Corrie Sample, and Daniel |
| 2010 10 01 12:20* | Cook 20 | Hopkins, Corrie Sample | Hopkins discuss protein. |
| 2019-10-01 13:30* | COOK 30 | Jeremy Dixon | Jeremy Dixon discusses beetroot risotto & others. |
| 2019-10-01 14.00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), | Lyndi Schwartz M.D., Andi Hunsaker M.D., |
| 2010 10 01 14.00 | body and opint (new) | Lauren Rittenhouse, Andi | and Lauren Rittenhouse show stepping |
| | | Hunsaker M.D. | excercises for osteoporosis. |
| 2019-10-01 17:00* | From Sickness to | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss introducing my |
| | Health | | friend arthur. |
| 2019-10-02 02:00! | Celebrating Life in | Cheri Peters (Host), Chris | Cheri Peters and Chris Corzine discuss |
| | Recovery | Corzine | victory over Meth addiction. |
| 2019-10-02 06:00* | Body and Spirit | Dick Nunez (Host), Mary | Dick Nunez and Mary Cordes discuss |
| 0040 40 00 40 00 | | Cordes | osteoporosis. |
| 2019-10-02 13:00* | Issues and Answers | Shelley Quinn (Host), Bob, | Karen Thomas and Pr. Steve Caza discuss |
| 2010 10 02 12:20* | Abundant Living | Curtia & Daula Fakina | love drops. |
| 2019-10-02 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss seeking shut eye. |
| 2019-10-02 14:00* | Action 4 Life | Casio Jones (Host), Tom | Casio Jones with Tom Mann discuss |
| 2010 10 02 14.00 | | Mann | Nutrition |
| 2019-10-03 04:30* | Issues and Answers | Shelley Quinn (Host), Bob, | Karen Thomas and Pr. Steve Caza discuss |
| | | | love drops. |
| 2019-10-03 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, | Dick Nunez and helpers show aerobics |
| | | Brittany Nunez | exercises for health. |
| 2019-10-03 10:00* | From Sickness to | Rico Hill (Host), Jim Said | Rico Hill and Jim Said discuss introducing my |
| | Health | | friend arthur. |
| 2019-10-03 12:00* | Ultimate Prescription | Lundi Soburortz M.D. (Hoot) | discusses water. |
| 2019-10-03 14:00* | Body and Spirit (New) | - | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic |
| | | Rittenhouse | excercises than can be done in the home. |
| 2019-10-04 03:00* | Action 4 Life | Casio Jones (Host), Kevin | Casio Jones and Kevin Tom discuss exercise |
| | | Tom | by cycling. |
| 2019-10-04 06:00* | Body and Spirit | Dick Nunez (Host), Kenny | Dick Nunez and Kenny Rivera discuss |
| | - · | Rivera | depression. |
| 2019-10-04 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini |
| | | | fritters et al. |
| 2019-10-04 10:00* | Health for a Lifetime | Don Mackintosh (Host), | Don Mackintosh and Christina Salter discuss |
| 0040 40 00 00 00* | | Christina Salter | gynecological. |
| 2019-10-06 03:30* | | Rico Hill (Host), Jim Said, | Rico Hill, Jim Said, and Lydia Calhoun |
| 2019-10-06 06:00* | Health Body and Spirit Acrobics | Lydia Calhoun Becky Garber, Dick Nunez, | discuss a new prescription. Dick Nunez with helpers shows simple |
| 2019-10-00 00.00 | Body and Spirit Aerobics | Fred Garber | exercises to control stress. |
| 2019-10-06 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), | Andi Hunsaker M.D., Lauren Rittenhouse and |
| 2010 10 00 11.00 | Body and Opint (Non) | Lyndi Schwartz, Lauren | Lyndi Schwartz discuss the joy of |
| | | Rittenhouse | excercising. |
| 2019-10-07 01:00! | Celebrating Life in | Cheri Peters (Host), Apryl | Cheri Peters, Apryl Cordry, and Nicole Day |
| | Recovery | Cordry, Nicole Day | discuss teen challenges. |
| 2019-10-07 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses revive super salad |
| | | | mingle. |
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| Date and Time | Program | Talent | Description |
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| 2019-10-07 06:00* | Body and Spirit | Michael Webb, Dick Nunez, Miles Scruggs | Dick Nunez and helpers show aerobics exercises for health. |
| 2019-10-07 13:30* | Abundant Living | Curtis & Paula Eakins | Curtis and Paula Eakins discuss delicious, nutritious recipes. |
| 2019-10-07 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones with Galen Comstock discuss the effects of sugar on the body. |
| 2019-10-08 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses hypertension & insulin resistance syndrome. |
| 2019-10-08 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Brittany Nunez | Dick Nunez with helpers discusses fitness level and demonstrates exercises to help. |
| 2019-10-08 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pho noodles and others. |
| 2019-10-08 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Terrence Marshall, Tim Tiernan | Jeanie Weaver, Terrence Marshall, and Tim Tiernan show exercises to help with aching knees. |
| 2019-10-08 17:00* | Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2019-10-09 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Apryl Cordry, Nicole Day | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. |
| 2019-10-09 06:00* | Body and Spirit | Dick Nunez, Patricia Juarez, Tammy Larson | Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman. |
| 2019-10-09 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Cheryl and David Jones discuss the wedding cake. |
| 2019-10-09 13:30* 2019-10-09 14:00* | Abundant Living Action 4 Life | Curtis & Paula Eakins Casio Jones (Host), Sarah Behn | Curtis and Paula Eakins discuss true mph. Casio Jones with Sarah Behn talk about Juice and health. |
| 2019-10-10 04:30* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Cheryl and David Jones discuss the wedding cake. |
| 2019-10-10 06:00* | Body and Spirit Aerobics | Fred Garber, Dick Nunez, Becky Garber | Dick Nunez with helpers shows simple exercises helpful for those with joint problems. |
| 2019-10-10 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill, Jim Said, and Lydia Calhoun discuss a new prescription. |
| 2019-10-10 12:00* | Ultimate Prescription | | discusses nutrition for diabetes. |
| 2019-10-10 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim Tiernan | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching back. |
| 2019-10-11 03:00* | Action 4 Life | Casio Jones (Host), Barry Bayles & Dora Bayles | Casio Jones with Barry and Dora Bayles demonstrate and discuss Pilates exercises. |
| 2019-10-11 06:00* | Body and Spirit | Dick Nunez, Greg Morikone, John Leaman | Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture. |
| 2019-10-11 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2019-10-11 10:00* | Health for a Lifetime | Don Mackintosh (Host), Phil Mills | Don Mackintosh and Phil Mills discuss neurologic disorder. |
| 2019-10-13 03:30* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-13 06:00* | Body and Spirit Aerobics | Becky Garber, Dick Nunez, Fred Garber | Dick Nunez with helpers shows compression exercises to help with osteoporosis. |

| Date and Time | Program | Talent | Description |
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| 2019-10-13 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2019-10-13 21:00! | Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-14 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-14 05:30* 2019-10-14 06:00* | Cook 30 Body and Spirit | Jeremy Dixon Dick Nunez, Elora Ford, | Jeremy Dixon discusses healthy finger food. Dick Nunez with helpers discusses fitness |
| 2019-10-14 13:30* | Abundant Living | Ethel Carlsson | level and demonstrates exercises to help. discusses drugs dark side. |
| 2019-10-14 14:00* | Action 4 Life | Casio Jones (Host), Galen Comstock | Casio Jones and Galen Comstock discuss Florida hospital wellness center. |
| 2019-10-15 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 1. |
| 2019-10-15 06:00* | Body and Spirit Aerobics | Mrs. Ford, Dick Nunez | Dick Nunez with helpers shows aerobics exercises designed for the elderly. |
| 2019-10-15 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses spinach, ginger, curry & others. |
| 2019-10-15 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Frances Clark | Jeanie Weaver, Abigail Czeizinger, Frances Clark show exercises to help aching shoulders. |
| 2019-10-15 17:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-16 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Megan Baez, Mylynda Ortiz | Cheri Peters, Apryl Cordry, and Nicole Day discuss teen challenges. Part 2 |
| 2019-10-16 06:00* | Body and Spirit | Dick Nunez (Host), Barbara Nolen, Michael Webb | Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines. |
| 2019-10-16 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Karen Thomas and Pr. Kymone Hinds discuss the source of healing. |
| 2019-10-16 13:30* 2019-10-16 14:00* | Abundant Living Action 4 Life | Casio Jones (Host), | discusses h for herbal medicine. Casio Jones and Monique Anderson discuss |
| 2019-10-17 04:30* | Issues and Answers | Monique Anderson Shelley Quinn (Host), Bob | Florida wellness center. Karen Thomas and Pr. Kymone Hinds discuss the source of healing. |
| 2019-10-17 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Fred Garber | Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers. |
| 2019-10-17 10:00* | From Sickness to Health | Rico Hill (Host), Jim Said, Lydia Calhoun | Rico Hill (Host), Jim Said, and Lydia Calhoun discuss the best part of waking up. |
| 2019-10-17 12:00* | Ultimate Prescription | | discusses nutrition for cardiovascular health. |
| 2019-10-17 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Pam Turner, Summer Boyd | Jeanie Weaver, Pam Turner, and Summer Boyd show several exercises that should be done daily. |
| 2019-10-18 03:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones with Marcie English discuss running benefits. |
| 2019-10-18 06:00* | Body and Spirit | Susan Santos, Dick Nunez, Tammy Larson | Dick Nunez with helpers shows exercises for strength training for women. |
| 2019-10-18 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses goulash et al. |

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| Date and Time | Program | Talent | Description |
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| 2010-10-18 10.00* | | | Description |
| 2013-10-10 10.00 | | Don Mackintosh (Host), Phil | |
| 2019-10-20 03:30* | | Mills Rico Hill (Host), Schubert | stroke. Rico Hill (Host), Schubert Palmer, and Jim |
| | | Palmer, Jim Said | Said discuss where's the rest of my sleep? |
| | Body and Spirit Aerobics | | Senior Citizen Fitness involves appropriate |
| | | | exercising. |
| 2019-10-20 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), | Jeanie Weaver, LaDonna Terrill, and Tim |
| | | LaDonna Terrill, Tim | Tiernan show how to do strenght training |
| 2010 10 20 21:00 | Colobration Life in | Tiernan | exercises. |
| 2019-10-20 21:00! | Recovery | Cheri Peters (Host), Melody Prettyman | Cheri Peters and Melody Prettyman discuss food vs. god - who wins? |
| | Celebrating Life in | Cheri Peters (Host), Melody | Cheri Peters and Melody Prettyman discuss |
| | Recovery | Prettyman | food vs. god - who wins? |
| | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses zoodles. |
| 2019-10-21 06:00* | Body and Spirit | Dick Nunez, Greg Morikone, | Dick Nunez with helpers shows aerobics |
| | | John Leaman | exercises designed for the elderly. |
| | Abundant Living | | discusses e for eating. |
| 2019-10-21 14:00* | Action 4 Life | Casio Jones (Host), Nadine | Casio Jones and Nadezda Stortz discuss |
| | | Brooks | reducing body fat sensibly and demonstrate excercises |
| 2019-10-22 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the |
| | | | ineffectiveness of low-calorie diets, pt 2. |
| 2019-10-22 06:00* | Body and Spirit Aerobics | Dick Nunez, Mrs. Ford | Dick Nunez with Mrs. Ford shows and |
| | | | discusses Senior Exercise. |
| 2019-10-22 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea pizza & |
| 2019-10-22 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), | others. Jeanie Weaver, Teresa Bonilla, and Tim |
| 2019-10-22 14.00 | Body and Spint (New) | Teresa Bonilla, Tim Tiernan | Tiernan show exercises to help control your |
| | | | waisline. |
| 2019-10-22 17:00* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host), Schubert Palmer, and Jim |
| | Health | Palmer, Jim Said | Said discuss where's the rest of my sleep?. |
| | Celebrating Life in | Cheri Peters (Host), Melody | Cheri Peters and Melody Prettyman discuss |
| | Recovery | Prettyman | food vs. god - who wins? |
| 2019-10-23 06:00* | Body and Spint | Ted Arview, Dick Nunez | Dick Nunez with Ted Arview demonstrate aerobics exercises designed strengh training |
| | | | for seniors. |
| 2019-10-23 13:00* | Issues and Answers | Shelley Quinn (Host), Bob | Shelley Quinn and Bob discuss alcoholics |
| | | | anonymous part 4. |
| 2019-10-23 13:30* | - | . | discusses a is for adoration. |
| 2019-10-23 14:00* | Action 4 Life | Casio Jones (Host), Idalia | Casio Jones and Idalia Dinzey discuss the |
| 2019-10-24 04:30* | Issues and Answers | Dinzey Shelley Quinn (Host), Bob | options of bicycles Shellov Quinn and Bob discuss alcoholics |
| 2013-10-24 04.30 | 135063 and Answers | | Shelley Quinn and Bob discuss alcoholics anonymous part 4. |
| 2019-10-24 06:00* | Body and Spirit Aerobics | Brittany Nunez, Dick Nunez, | Dick Nunez with helpers show and talk about |
| | , , | Rick Nunez | exercises for autoimmune disease. |
| 2019-10-24 10:00* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host), Schubert Palmer, and Jim |
| | Health | Palmer, Jim Said | Said discuss where's the rest of my sleep?. |
| | Ultimate Prescription | 1 1 1 A / / · · · · | discusses brain health (part 1). |
| 2019-10-24 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Tim | Jeanie Weaver, Tim Tiernan, and Wendy |
| | | Tiernan, Wendy Mitchell | Mitchell show exercises to help aching feet. |

| Date and Time | Program | Talent | Description |
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| 2019-10-25 03:00* | Action 4 Life | Casio Jones (Host), Nadine Brooks | Casio Jones with Nadine Brooks discuss |
| 2019-10-25 06:00* | Body and Spirit | | running benefits. Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how. |
| 2019-10-25 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses greek potato cake et al. |
| 2019-10-25 10:00* | Health for a Lifetime | Don Mackintosh (Host), Phil Mills | Don Mackintosh and Phil Mills discuss back pain. |
| 2019-10-27 03:30* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-27 06:00* | Body and Spirit Aerobics | Dick Nunez, Andrew Hard, Rick Nunez | Dick Nunez with helpers show and talk about exercises for beginners. |
| 2019-10-27 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Ralph Sanchez, Tim Tiernan | Jeanie Weaver, Ralph Sanchez, and Tim Tiernan show how the exercise for wellness. |
| 2019-10-28 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses minty split-pea soup. |
| 2019-10-28 06:00* | Body and Spirit | Joe Carrell, Dee Hilderbrand, Dick Nunez | Dick Nunez with Mrs. Ford shows and discusses Senior Exercise. |
| 2019-10-28 13:30* | Abundant Living | | discusses I for liquids. |
| 2019-10-28 14:00* | Action 4 Life | Casio Jones (Host), Dan "Curly" Summers | Casio Jones and Dan "Curly" Summers discuss Florida hospital massage therapy. |
| 2019-10-29 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses obesity: the ineffectiveness of low-calorie diets, pt 3. |
| 2019-10-29 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, Andrew Hard | Dick Nunez with helpers show and talk about exercises for toning your muscles |
| 2019-10-29 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses corn chowder & others. |
| 2019-10-29 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Lynette Jaque, Wendy Mitchell | Jeanie Weaver, Lynette Jaque, and Wendy Mitchell show exercises to help overcome osteoarthritis. |
| 2019-10-29 17:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-30 06:00* | Body and Spirit | Dick Nunez, Justin Walker, Kalie O'Brien | Dick Nunez with helpers show and talk about exercises for strength training for youth. |
| 2019-10-30 13:30* 2019-10-30 14:00* | Abundant Living Action 4 Life | Casio Jones (Host), Marcie | discusses healthy heart cooking. Casio Jones with Marcie English discuss |
| 2019-10-31 06:00* | | English | Kayaking . |
| 2019-10-31 10:00* | From Sickness to Health | Rico Hill (Host), Schubert Palmer, Nwamiko Madden | Rico Hill (Host), Schubert Palmer, and Nwamiko Madden discuss here comes the sun. |
| 2019-10-31 12:00* 2019-10-31 14:00* | Ultimate Prescription Body and Spirit (New) | Jeanie Weaver (Host), Donna Hall, Betsy Sajdak | discusses brain health (part 2). Jeanie Weaver, Betsy Sajdak, and Donna Hall show how to do core strenthening exercises. |

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| | All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour | | | |
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| Date and Time | Program | Talent | Description | |
| 2019-11-01 03:00* | Action 4 Life | | Casio Jones with Nadine Brooks discuss | |
| | | Brooks | exercise to improve balance. | |
| 2019-11-01 06:00* | Body and Spirit | Randi Brewer, Dick Nunez, | Dick Nunez, with helpers, demonstrate | |
| 0040 44 04 00 00* | 0 1 00 | Mindy Kellum | beginning exercising. | |
| 2019-11-01 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican feast. | |
| 2019-11-01 10:00* | Health for a Lifetime | Don Mackintosh (Host), | Don Mackintosh and John Chung discuss | |
| 2010 11 02 02.20* | From Sicknoop to | John Chung Diag Hill (Heat), Schubert | skin disease for children. | |
| 2019-11-03 03:30* | Health | Rico Hill (Host), Schubert Palmer | Rico Hill (Host) and Schubert Palmer discuss when the heart attacks. | |
| 2019-11-03 06:00* | | Dick Nunez, Fred Garber | For those that may be lower-body | |
| 2019-11-03 00.00 | body and Spint Aerobics | Dick Nullez, I leu Galbei | challenged, Dick Nunez demonstrates simple | |
| | | | exercises with Fred Garber. | |
| 2019-11-03 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), | Jeanie Weaver, Garland & Donna Blanton | |
| 2010 11 00 1100 | | Garland & Donna Blanton | show how to do a spinal wrap that will help | |
| | | | straighten your posture. | |
| 2019-11-03 21:00! | Celebrating Life in | Cheri Peters (Host), Annette | Cheri Peters, Annette Washington, and Pam | |
| | Recovery | Washington, Pam Talley | Talley discuss the love of a grandparent. | |
| | | | | |
| 2019-11-04 01:00! | Celebrating Life in | , , , | Cheri Peters, Annette Washington, and Pam | |
| | Recovery | Washington, Pam Talley | Talley discuss the love of a grandparent. | |
| | | | | |
| 2019-11-04 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian curries. | |
| 2019-11-04 06:00* | Body and Spirit | Greg Morikone, Michael | Dick Nunez shows how to tone your muscles. | |
| | | Webb, Dick Nunez | Helpers are Rick Nunez and Andrew Hard. | |
| 2019-11-04 13:30* | Abundant Living | | discusses e for exercise. | |
| 2019-11-04 14:00* | Action 4 Life | Casio Jones (Host), Frances | Casio Jones and Frances Czeizinger | |
| | | Czeizinger | demonstrate exercise techniques. | |
| 2019-11-05 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses fevers & | |
| | | | immune system, pt. 1. | |
| 2019-11-05 06:00* | Body and Spirit Aerobics | Dick Nunez, Brittany Nunez, | Dick Nunez and helpers demonstrate simple | |
| | | Becky Garber | home exercises for women. | |
| 2019-11-05 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses not butter chicken & | |
| | | | others. | |
| 2019-11-05 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), | Jeanie Weaver, Betsy Sajdak, and Donna | |
| | | Betsy Sajdak, Donna Hall | Hall show us how to do body stretches. | |
| 2019-11-05 17:00* | | Rico Hill (Host), Schubert | Rico Hill (Host) and Schubert Palmer discuss | |
| 2010 11 00 00:001 | Health | Palmer | when the heart attacks. | |
| 2019-11-06 02:00! | Celebrating Life in | · · · · · | Cheri Peters, Annette Washington, and Pam | |
| | Recovery | Washington, Pam Talley | Talley discuss the love of a grandparent. | |
| 2019-11-06 06:00* | Body and Spirit | Dick Nunez, Scott Tanner, | Dick Nunez shows exercises geared as a | |
| 2010 11 00 00.00 | body and opine | Miles Scruggs | workout for men. Helpers are Fred Garber | |
| | | | and Matthew Hard. | |
| 2019-11-06 13:30* | Abundant Living | | discusses r for rest. | |
| 2019-11-06 14:00* | Action 4 Life | Casio Jones (Host), Dee | Casio Jones and Dee Hilderbrand | |
| | · | Hilderbrand | demonstrate exercise techniques. | |
| 2019-11-07 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky | Dick Nunez and helpers demonstrate | |
| | | Garber, Dick Nunez | exercises and discuss the pitfalls of fad diets. | |
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|-------------------|--|--|---|--|
| Date and Time | Program | Talent | Description | |
| 2019-11-07 10:00* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host) and Schubert Palmer discuss | |
| 0040 44 07 40.00* | Health | Palmer | when the heart attacks. | |
| 2019-11-07 12:00* | • | Andi Hunaakar (Haat) | discusses physiology of worship. | |
| 2019-11-07 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lauren Rittenhouse, Lyndi | Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz discuss tips for better health. | |
| | | Schwartz | | |
| 2019-11-08 03:00* | Action 4 Life | Casio Jones (Host), Marcie English | Casio Jones and Marcie English discuss circuit / time in the gym. | |
| 2019-11-08 06:00* | Body and Spirit | Ethel Carlsson, Elora Ford, | For those that may be lower-body | |
| | | Dick Nunez | challenged, Dick Nunez demonstrates simple exercises with Fred Garber. | |
| 2019-11-08 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast 2. | |
| 2019-11-08 10:00* | Health for a Lifetime | Don Mackintosh (Host), Jonh Chung | Don Mackintosh and Jonh Chung discuss skin disease for adults. | |
| 2019-11-10 03:30* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host) and Schubert Palmer discuss | |
| | Health | Palmer | blood, the current of life. | |
| 2019-11-10 06:00* | Body and Spirit Aerobics | Dick Nunez, Rick Nunez, Andrew Hard | Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes. | |
| 2019-11-10 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), | Lyndi Schwartz, Andi Hunsaker, and Lauren | |
| | | Lauren Rittenhouse, Andi | Rittenhouse discuss how the body is | |
| | | Hunsaker | designed for action, not a sedentary lifestyle. | |
| 2019-11-10 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dave Casey | Cheri Peters and Dave Casey discuss the big | |
| 2019-11-11 01:00! | Celebrating Life in | Cheri Peters (Host), Dave | dog. Cheri Peters and Dave Casey discuss the big | |
| 2013 11 11 01.00: | Recovery | Casey | dog. | |
| 2019-11-11 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mini butternut | |
| | | | frittatas. | |
| 2019-11-11 06:00* | Body and Spirit | Dick Nunez (Host), Michael | Dick Nunez and helpers demonstrate | |
| | | Webb, Miles Scruggs | exercises and discuss the pitfalls of fad diets. | |
| 2019-11-11 13:30* | 0 | | discusses meals in minutes. | |
| 2019-11-11 14:00* | Action 4 Life | Casio Jones (Host), Mindy | | |
| 0040 44 40 55 55 | | Isaacs | body / abdominal workout. | |
| 2019-11-12 05:30* | Wonderfully Made | N. David Emerson | N. David Emerson discusses fevers & | |
| 2010-11-12 06.00* | Body and Spirit Aprobios | Fred Garber Matthew Hard | immune system, pt. 2. Dick Nunez, Fred Garber, and Matthew Hard | |
| 2013-11-12 00.00 | Douy and Spint Aerobics | Dick Nunez | discuss comfort of your own home. | |
| 2019-11-12 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses breakfast. | |
| 2019-11-12 14:00* | Body and Spirit (New) | • | Andi Hunsaker, Lauren Rittenhouse, and | |
| | | Schwartz, Lauren Rittenhouse | Lyndi Schwartz perform leaping exercises to help agility and building strenght. | |
| 2019-11-12 17:00* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host) and Schubert Palmer discuss | |
| | Health | Palmer | blood, the current of life. | |
| 2019-11-13 02:00! | Celebrating Life in | Cheri Peters (Host), Dave | Cheri Peters and Dave Casey discuss the big | |
| | Recovery | Casey | dog. | |
| 2019-11-13 06:00* | Body and Spirit | Tony Hall, John Dinzey, Dick Nunez | Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes. | |
| 0040 44 40 40 000 | | INUIIEZ | | |
| 2019-11-13 13:30* | Abundant Living | | discusses s for sunlight. | |

| | | ırams marked * are 30 m I | |
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| Date and Time | Program | Talent | Description |
| 2019-11-13 14:00* | Action 4 Life | Casio Jones (Host), Mindy | Casio Jones and Mindy Isaacs discuss pure |
| 2010-11-14 06.00* | Body and Spirit Aerobics | Isaacs Becky Garber, Brittany | health gym. Dick Nunez and helpers demonstrate simple |
| 2013-11-14 00.00 | Douy and Spint Aeropics | Nunez, Dick Nunez | home exercises to help reverse heart |
| | | Hande, Blok Hunde | disease. |
| 2019-11-14 10:00* | From Sickness to | Rico Hill (Host), Schubert | Rico Hill (Host) and Schubert Palmer discuss |
| | Health | Palmer | blood, the current of life. |
| 2019-11-14 12:00* | Ultimate Prescription | | discusses worship as treatment. |
| 2019-11-14 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi | Lyndi Schwartz, Andi Hunsaker, and Lauren |
| | | Hunsaker, Lauren Rittenhouse | Rittenhouse perfrom core strengthening exercises. |
| 2019-11-15 03:00* | Action 4 Life | Casio Jones (Host), Mindy | Casio Jones and Mindy Isaacs discuss buddy |
| 2010 11 10 00.00 | | Isaacs | workout. |
| 2019-11-15 06:00* | Body and Spirit | | Dick Nunez with Patricia Juarez and Tammy |
| | | Patricia Juarez | Larson demonstrate more exercises for |
| 0040 44 45 00 001 | 0 | | strength training for women. |
| 2019-11-15 09:30* | | Jeremy Dixon | Jeremy Dixon discusses shepherdess pie et al. |
| 2019-11-15 10:00* | Health for a Lifetime | Don Mackintosh (Host), | Don Mackintosh and Jonh Chung discuss |
| 2010 11 17 02.20* | From Sickness to | Jonh Chung Diao Hill (Heat) Milton Millo | skin cancers. Bigg Hill (Heat) and Milton Mills discuss is red. |
| 2019-11-17 03:30* | Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss is red meat really red?. |
| 2019-11-17 06:00* | | Becky Garber, Dick Nunez, | Dick Nunez and helpers demonstrate simple |
| | | Fred Garber | home exercises focused on Ab training. |
| 2019-11-17 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi | Andi Hnusaker with Lauren Rittehnouse and |
| | - • • • • | Schwartz, Lauren | Lyndi Schwartz discuss benefits of stepping |
| | • • • • | Rittenhouse | exercises. |
| 2019-11-18 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses one dish pasta & |
| 2019-11-18 06:00* | Body and Spirit | Michael Webb, Miles | others. Dick Nunez with Michael Webb and Miles |
| 2013-11-10 00.00 | Douy and Opini | Scruggs, Dick Nunez | Scruggs demonstrate exercises for flexibility. |
| | | | |
| 2019-11-18 13:30* | - | | discusses tools for transformation. |
| 2019-11-18 14:00* | Action 4 Life | Casio Jones (Host), Mindy | Casio Jones and Mindy Isaacs discuss a |
| 2010 11 10 05.00* | Mondorfully Mode | Isaacs | great workout!. |
| 2019-11-19 05:30* | wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss reproductive years. |
| 2019-11-19 06:00* | Body and Spirit Aerobics | Andrew Hard, Dick Nunez, | Dick Nunez and helpers discuss and |
| _0.0 // 10 00.00 | | Rick Nunez | demonstrate choosing the right workout. |
| 2019-11-19 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses pumpkin & |
| | | | cranberry filos et al. |
| 2019-11-19 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), Andi | |
| | | Hunsaker, Lauren Rittenhouse | Joe Westbury disscuss the pitfalls of the |
| 2019-11-19 17:00* | From Sickness to | Rico Hill (Host), Milton Mills | American Lifestyle on health. Rico Hill (Host) and Milton Mills discuss is red |
| 2010 11 10 17.00 | Health | | meat really red?. |
| 2019-11-20 06:00* | Body and Spirit | Nicole Garcia, Dick Nunez | Dick Nunez and Nicole Garcia discuss eating |
| | | | disorders and demonstrate exercises for |
| | | | health. |

| Date and TimeProgramTalentDescription2019-11-20 13:00*Action 4 LifeCasio Jones (Host), Mindy Issacs, Bradley Hite Dick Nunez, Tred Garber, Matthew Harddiscusses the one bown meal. Casio Jones, Bradley Hite, and Dick Nunez, Tred Garber, Matthew Harddiscusses the one bown meal. Casio Jones, Bradley Hite, and Heatth2019-11-21 10:00*From Sickness to HeatthRico Hill (Host), Milton Mills HeatthRico Hill (Host) and Milton Mills discuss is red meat really red?. discusses frequently asked questions. Lyndi Schwartz (Host), Andi Undi Schwartz (Host), Andi Unasker, Tami BivensRico Hill (Host) and Milton Mills discuss is red meat really red?.2019-11-22 03:00*Action 4 Life Judea Hamilton DirzeyCasio Jones, Bradley Hite, and Milton Mills discusses frequently asked questions. Lyndi Schwartz (Host), Andi DirzeyCasio Jones, Bradley Hite, and Milton Mills discusses michealting discusses michealting discusses michealting discusses michealting Dirzey and Tony Hall Dirzey2019-11-22 00:00*Body and SpiritDick Nunez, Tony Hall, John Dirzey DisonDick Nunez with John Dirzey and Tony Hall demonstrate exercises for Baby Boomes. Dirzey and Don Mackintosh (Host), Neil Dirzey2019-11-24 06:00*Body and Spirit AerobicsFred Garber, Dick NunezCorb No.2019-11-24 06:00*Body and Spirit NewiLyndi Schwartz (Host), Andi Undi Schwartz (Host), Milto MillsMilton Mills discuss how clean is unclean?.2019-11-24 06:00*Body and Spirit NewiLyndi Schwartz (Host), Milton MillsMilton Mills discuss how clean is unclean?.2019-11-24 06:00* | All times are Cel | All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour | | | |
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| 2019-11-20 14:00* Action 4 Life Casio Jones (Heat), Mindy Issacs Issacs, Bradley Hite Casio Jones, Bradley Hite, and Mindy Issacs Issacs, Bradley Hite 2019-11-21 06:00* Body and Spirit Aerobics Dick Nunez, Fred Garber, Ted Garber, Tami Bivens Dick Nunez, and helpers demonstrate simple home exercises to reduce neck pain. 2019-11-21 12:00* Ultimate Prescription Rico Hill (Host), Milton Mills Rico Hill (Host), Milton Mills 2019-11-22 03:00* Action 4 Life Casio Jones (Host), Jon Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens 2019-11-22 06:00* Body and Spirit Dick Nunez, Tony Hall, John Dick Nunez, Tony Hall, John 2019-11-22 06:00* Body and Spirit Dick Nunez, Tony Hall, John Dick Nunez, Mitton Mills discuss workout for parents and children. 2019-11-22 00:00* Health for a Lifetime Don Mackintosh (Host), Neil Dick Nunez with John Dinzey and Tony Hall demonstrate sercises of Baby Boomers. 2019-11-24 00:00* Body and Spirit Aerobics Fred Garber, Dick Nunez For those that may be lower-body challenged. Dick Nunez demonstrates simple xarcises with Fred Garber. 2019-11-24 14:00* Body and Spirit Newu Lyndi Schwartz (Host), And Hunsaker, and Nancy Diaz Hall demonstrate sercises with Fred Garber. For those that may be lower-body challenged. Dick Nunez demonstrates sexprices with red Garber. 2019-1 | | | Talent | | |
| 2019-11-21 06:00*Body and Spirit AerobicsIssaes, Bradley Hife Mathew Harddiscuss workout circuit.2019-11-21 10:00*From Sickness to HealthRico Hill (Host), Milton Mills HealthRico Hill (Host), Milton Mills Milton MillsRico Hill (Host) and Milton Mills discuss is red meat really red?.2019-11-21 12:00:00*From Sickness to HealthRico Hill (Host), Milton Mills Hunsaker, Tami BivensRico Hill (Host) and Milton Mills discuss is red meat really red?.2019-11-22 03:00*Action 4 LifeCasio Jones (Host), Zion Ultimate Prescription Judea Hamilton Dick Nunez, Tony Hall, John Dick Nunez, Health for a Lifetime Don Mackintosh (Host), Nell HealthDon Mackintosh (Host), Nell Dick Nunez, Health Sciess to HealthDon Mackintosh (Host), Nell Dick Nunez, Hill Chost) and Mackintosh discuss cancer. (Part 1.)2019-11-24 03:00*Form Sickness to HealthRico Hill (Host), Milton Mills HealthRico Hill (Host), Milton Mills discuss ardiovascular training / balance and strength.2019-11-24 03:00*Body and Spirit (New)Lyndi Schwartz (Host), And Hunsaker, Nancy DiazLyndi Schwartz, Andi Hunsaker, and Nancy Diaz discuss ardiovascular training / balance and strength.2019-11-24 13:00*Body and SpiritDick Nunez, Rick Nunez, Artow HardCasio Jones and Mindy Isaacs discuss a pair of dumbbel and yourself.2019-11-26 03:00*Gody and Sp | | • | | | |
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| Health meat really real?. 2019-11-21 12:00 Ultimate Prescription Lyndi Schwartz (Host), Andi Hunsaker, Tami Bivens Lyndi Schwartz, Andi Hunsaker, and Tami Bivens discuss walking in the spirit. 2019-11-22 03:00* Action 4 Life Casio Jones (Host), Zion Judea Hamilton Judea Hamilton Casio Jones and Zion Judea Hamilton discuss workout for parents and children. 2019-11-22 09:30* Body and Spirit Dick Nunez, Tony Hall, John Dick Nunez, Tony Hall, John 2019-11-22 09:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses mchealthy meal combo. 2019-11-22 00:00* Health for a Lifetime Don Mackintosh (Host), Neii Dr. Nei Nedley and Don Mackintosh discuss Nedley 2019-11-24 03:30* From Sickness to Health Don Mackintosh (Host), Neii Rice Hill (Host), Andi Hunsaker, and Nalton Mills discus how clean is unclean?. 2019-11-24 03:30* From Sickness to Health Ered Garber, Dick Nunez For those that may be lower-body challenged, Dick Nunez demonstrates simple exercises with Fred Garber. 2019-11-24 04:00* Body and Spirit (New) Lyndi Schwartz (Host), Andi Hunsaker, Nancy Dia Hunsaker, Nancy Dia Lyndi Schwartz, Andi Hunsaker, and Nancy Hunsaker, Nancy Dia 2019-11-25 05:30* Cook 30 Jeremy Dixon Jeremy Dixon discusses thai. 2019-11-25 05:30* Sody and Spirit< | | | Matthew Hard | home exercises to reduce neck pain. | |
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| 2019-11-26 14:00* Body and Spirit (New) Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss total fitness. 2019-11-26 17:00* From Sickness to Health 2019-11-27 06:00* Body and Spirit 2019-11-27 13:00* Issues and Answers 2019-11-27 13:00* Shelley Quinn (Host), Karen Nicola | 2019-11-26 13:30* | Cook 30 | Jeremy Dixon | | |
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| 2019-11-27 06:00*Body and SpiritDick Nunez, Greg Morikone, Scott TannerDick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.2019-11-27 13:00*Issues and AnswersShelley Quinn (Host), Karen NicolaShelley Quinn and Karen Nicola discuss what is grief. | | | (, | | |
| 2019-11-27 13:00*Issues and AnswersScott TannerTanner demonstrate exercise routines designed for strength training.Shelley Quinn (Host), Karen NicolaShelley Quinn and Karen Nicola discuss what is grief. | 2019-11-27 06:00* | | Dick Nunez. Grea Morikone | | |
| 2019-11-27 13:00* Issues and Answers Shelley Quinn (Host), Karen Nicola designed for strength training. Nicola Shelley Quinn and Karen Nicola discuss what is grief. | | | | - | |
| 2019-11-27 13:00* Issues and Answers Shelley Quinn (Host), Karen Shelley Quinn and Karen Nicola discuss what Nicola is grief. | | | | | |
| Nicola is grief. | 2019-11-27 13.00* | Issues and Answers | Shelley Quinn (Host) Karen | | |
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| | 2019-11-27 13:30* | Abundant Living | | | |
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|-------------------|----------------------------|--|---|
| Date and Time | Program | Talent | Description |
| 2019-11-27 14:00* | Action 4 Life | Casio Jones (Host), Zion Judea Hamilton | Casio Jones and Zion Judea Hamilton discuss teach you how to use an exercise ball. |
| 2019-11-28 04:30* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | Shelley Quinn and Karen Nicola discuss what is grief. |
| 2019-11-29 03:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with the medicine ball. |
| 2019-11-29 06:00* | Body and Spirit | Miles Scruggs, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help counter-act stress. |
| 2019-11-29 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses soup medley. |
| 2019-11-29 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | Dr. Neil Nedley and Don Mackintosh discuss cancer. (Part 2.) |
| 2019-12-01 03:30* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2019-12-01 06:00* | Body and Spirit Aerobics | Dick Nunez, Becky Garber, Brittany Nunez | Dick Nunez with Brittany Nunez and Jane Baker demonstrate exercise routines especially for Women. |
| 2019-12-01 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss walk for life. |
| 2019-12-02 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses mexican. |
| 2019-12-02 06:00* | Body and Spirit | Elora Ford, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with osteoporosis. |
| 2019-12-02 13:30* | - | | discusses e for eating. |
| 2019-12-02 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss exciting workout with an exercise ball & a dumbbell. |
| 2019-12-03 05:30* | · | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss fertility & infertility. |
| 2019-12-03 06:00* | Body and Spirit Aerobics | Brittany Nunez, Becky Garber, Dick Nunez | Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins |
| 2019-12-03 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses chickpea satay et al. |
| 2019-12-03 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Lyndi Schwartz, Tami Bivens | Andi Hunsaker, Lyndi Schwartz, and Tami Bivens discuss strengthening with bands. |
| 2019-12-03 17:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss please pass the sugar. |
| 2019-12-04 06:00* | Body and Spirit | Michael Webb, Dick Nunez, David Weston | |
| 2019-12-04 13:00* | Issues and Answers | Shelley Quinn (Host), Karen Nicola | • |
| 2019-12-04 13:30* | 0 | | discusses a is for adoration. |
| 2019-12-04 14:00* | Action 4 Life | Casio Jones (Host), Rena Lee | Casio Jones and Rena Lee discuss make a challenge workout fun!. |

| Date and Time | Program | Talent | Description |
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| 2019-12-05 06:00* | Body and Spirit Aerobics | Rick Nunez, Dick Nunez, | Dick Nunez discusses cholesterol. With |
| | | Andrew Hard | Jonathon Hopkins and Brittany Nunez he |
| | | | leads you through exercises to help lower |
| | | | bad cholesterol. |
| 2019-12-05 10:00* | | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss |
| | Health | | please pass the sugar. |
| 2019-12-05 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. | Nick Evenson and Dr. James Marcum |
| 0040 40 05 44 00* | | James Marcum | discuss common heart ailments. |
| 2019-12-05 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), | Lyndi Schwartz, Nancy Diaz, and Tami |
| 2040 42 00 02:00* | Action 1 life | Nancy Diaz, Tami Bivens | Bivens discuss strengthening in the legs. |
| 2019-12-06 03:00* | Action 4 Life | Casio Jones (Host), Monica | Casio Jones and Monica Flowers discuss who doesn't like to stretch?. |
| 2010 12 06 06:00* | Pody and Spirit | Flowers | |
| 2019-12-06 06:00* | Body and Spirit | Dick Nunez, Martha Weber, Susan Santos | Dick Nunez and helpers demonstrate exercises for fitness for women. |
| 2010 12 06 00.20* | Cook 20 | | |
| 2019-12-06 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai green curry lentils et al. |
| 2019-12-06 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil | |
| 2013-12-00 10.00 | | Nedley | making and staying. |
| 2019-12-08 03:30* | From Sickness to | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss |
| 2010 12 00 00.00 | Health | | never thirst again. |
| 2019-12-08 06:00* | Body and Spirit Aerobics | Dick Nunez (Host). | Dick Nunez and Jonathan Hopkins and |
| | | Jonathan Hopkins and | Richard Nelson discuss excercises for the |
| | | Richard Nelson | vision impaired. |
| 2019-12-08 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), | Andi Hunsaker, Lyndi Schwartz, and Nancy |
| | , , , , | · · · · · | Diaz discuss waving with confidence. |
| 2040 42 00 05.20* | Cook 20 | | |
| 2019-12-09 05:30* | COOK 30 | Jeremy Dixon | Jeremy Dixon discusses paella, vege chips and others. |
| 2019-12-09 06:00* | Body and Spirit | Dick Nunez, Ted Arview | Dick Nunez and helpers demonstrate |
| 2019-12-09 00.00 | Bouy and Spint | Dick Nullez, Ted Alview | exercises for rehabilitating a bad back. |
| 2019-12-09 13:30* | Abundant Living | | discusses I for liquids. |
| 2019-12-09 14:00* | Action 4 Life | Casio Jones (Host), Tyler | Casio Jones and Tyler Flower discuss |
| 2010 12 00 11.00 | | Flower | working out with young folks. |
| 2019-12-10 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou | Amy Wellard and Cherie Lon Fernandez |
| | in the second | Fernandez | discuss preconception & prenatal care. |
| 2019-12-10 06:00* | Body and Spirit Aerobics | | Dick Nunez and Jonathan Hopkins and |
| | y | Jonathan Hopkins and | Megan Frasier discuss youth fitness. |
| | | Megan Frasier | |
| 2019-12-10 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses salad mix. |
| 2019-12-10 14:00* | Body and Spirit (New) | Lyndi Schwartz (Host), | Lyndi Schwartz, Nancy Diaz, and Tami |
| | / | Nancy Diaz, Tami Bivens | Bivens discuss the core of the matter. |
| 2019-12-10 17:00* | From Sickness to | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss |
| | Health | - | never thirst again. |
| 2019-12-11 06:00* | Body and Spirit | Randi Brewer, Dick Nunez, | Dick Nunez and helpers demonstrate |
| | | John Leaman | exercises to help with Diabetes. |
| 2019-12-11 13:00* | Issues and Answers | Shelley Quinn (Host), Karen | Shelley Quinn and Karen Nicola discuss grief |
| | | Nicola | work. |
| 2019-12-11 13:30* | - | | discusses healthy heart cooking. |
| 2019-12-11 14:00* | Action 4 Life | Casio Jones (Host), Izhar | Casio Jones and Izhar Buendia discuss park |
| | | Buendia | exercises. |
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| Date and Time | Program | Talent | Description |
| 2019-12-12 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Cindy Hanson and Megan Frasier | Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain. |
| 2019-12-12 10:00* | From Sickness to Health | Rico Hill (Host), Milton Mills | Rico Hill (Host) and Milton Mills discuss never thirst again. |
| 2019-12-12 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss supplement and nutritional prescriptions. |
| 2019-12-12 14:00* | Body and Spirit (New) | Andi Hunsaker (Host), Nancy Diaz, Lyndi Schwartz | Andi Hunsaker, Lyndi Schwartz, and Nancy Diaz discuss quick start cardio. |
| 2019-12-13 03:00* | Action 4 Life | Casio Jones (Host), Izhar Buendia | Casio Jones and Curtis Eakins discuss nutrition, health, and exercise. |
| 2019-12-13 06:00* | Body and Spirit | Dave Stevenson, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with Joint pain. |
| 2019-12-13 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses tarka dahl et al. |
| 2019-12-13 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | processing grief. |
| 2019-12-15 03:30* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. |
| 2019-12-15 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb, Megan Frasier | Dick Nunez and Jonathan Babb and Megan Frasier discuss knee pain. |
| 2019-12-15 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., Lauren Rittenhouse show how to prepare for safe hiking. |
| 2019-12-15 21:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |
| 2019-12-16 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |
| 2019-12-16 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indonesian sadur lodeh & cauliflower couscous. |
| 2019-12-16 06:00* | Body and Spirit | Greg Morikone, John Leaman, Dick Nunez | Dick Nunez and helpers demonstrate exercises to help with shoulder pain. |
| 2019-12-16 13:30* | • | | discusses e for exercise. |
| 2019-12-16 14:00* | Action 4 Life | Casio Jones (Host), Trent Chance | Casio Jones with Trent Chance discuss and demonstrate exercises for body repair. |
| 2019-12-17 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss fibroids. |
| 2019-12-17 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathan Babb and Jonathon Hopkins | Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity. |
| 2019-12-17 13:30* 2019-12-17 14:00* | Cook 30 Body and Spirit (New) | Jeremy Dixon Andi Hunsaker M.D. (Host), Lyndi Schwartz M.D., Lauren Rittenhouse | Jeremy Dixon discusses asian. Andi Hunsaker, Lauren Rittenhouse, and Lyndi Schwartz show how to run with endurance. |
| 2019-12-17 17:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. |
| 2019-12-18 02:00! | Celebrating Life in Recovery | Cheri Peters (Host), Dannielle Synot | Cheri Peters and Dannielle Synot discuss every heart's cry. |

| All times are Cel | All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour | | | |
|-------------------|--|--|--|--|
| Date and Time | Program | Talent | Description | |
| 2019-12-18 06:00* | Body and Spirit | Dick Nunez (Host), Theresa Wilson | Dick Nunez and helpers demonstrate exercises for rehabilitating a bad back.Dick Nunez and helpers demonstrate more exercises for flexibility. | |
| 2019-12-18 13:00* | | Shelley Quinn (Host), Karen Nicola | becoming skillful comforters. | |
| 2019-12-18 13:30* | e | | discusses r for rest. | |
| 2019-12-18 14:00* | | Casio Jones (Host), Trent Chance | Casio Jones and Trent Chance discuss the benefits of massage. | |
| 2019-12-19 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson | Dick Nunez and Janet Nelson show exercise routines for senior training. | |
| 2019-12-19 10:00* | From Sickness to Health | Rico Hill (Host), Dr. Jackson, Yvonne Lewis | Rico Hill (Host), Dr. Jackson, and Yvonne Lewis discuss real food for the soul. | |
| 2019-12-19 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. James Marcum | Nick Evenson and Dr. James Marcum discuss improving our mental health. | |
| 2019-12-19 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Lauren Rittenhouse, Andi Hunsaker M.D. | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show stepping excercises for osteoporosis. | |
| 2019-12-20 03:00* | Action 4 Life | Casio Jones (Host), Ben Burkhamer | Casio Jones with Ben Burkhamer discuss hypertension, health, and exercise. | |
| 2019-12-20 06:00* | Body and Spirit | Tony Hall, John Dinzey, Dick Nunez | Dick Nunez and helpers demonstrate more exercises for flexibility. | |
| 2019-12-20 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses indian chickpea. | |
| 2019-12-20 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil Nedley | | |
| 2019-12-22 03:30* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, Camille Clark | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood pressure. | |
| 2019-12-22 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Jonathon Hopkins | Dick Nunez with Jonathon Hopkins show exercise routines for team training. | |
| 2019-12-22 14:00* | Body and Spirit (New) | Lyndi Schwartz M.D. (Host), Andi Hunsaker M.D., Lauren Rittenhouse | Lyndi Schwartz M.D., Andi Hunsaker M.D., and Lauren Rittenhouse show areobic excercises than can be done in the home. | |
| 2019-12-22 21:00! | Celebrating Life in Recovery | | Cheri Peters and Joanie McCulloch discuss coming out of hiding. | |
| 2019-12-23 01:00! | Celebrating Life in Recovery | Cheri Peters (Host), Joanie McCulloch | Cheri Peters and Joanie McCulloch discuss coming out of hiding. | |
| 2019-12-23 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses gado gado, peanut sauce & rice paper rolls. | |
| 2019-12-23 06:00* | Body and Spirit | Dick Nunez, Susan Santos, Tammy Larson | Dick Nunez and helpers demonstrate exercises for women. | |
| 2019-12-23 13:30* | Abundant Living | | discusses meals in minutes. | |
| 2019-12-23 14:00* | Action 4 Life | Casio Jones (Host), Monique Anderson | Casio Jones and Monique Anderson discuss the exercise benefits of mall walking. | |
| 2019-12-24 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss menopause. | |
| 2019-12-24 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Cindy Hanson | Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia. | |

| | All times are Central Time Zone. Programs marked * are 30 min and ! are 1 hour | | | |
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| Date and Time | Program | Talent | Description | |
| 2019-12-24 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses curried zucchini | |
| | | | fritters et al. | |
| 2019-12-24 14:00* | Body and Spirit (New) | Andi Hunsaker M.D. (Host), | Andi Hunsaker M.D., Lauren Rittenhouse and | |
| | | Lyndi Schwartz, Lauren | Lyndi Schwartz discuss the joy of | |
| 2019-12-24 17:00* | From Sicknoop to | Rittenhouse | excercising. | |
| 2019-12-24 17.00 | Health | Rico Hill (Host), Thomas Jackson, Yvonne Lewis, | Rico Hill, Camille Clark, Thomas Jackson, and Yvonne Lewis discuss high blood | |
| | nealli | Camille Clark | pressure. | |
| 2019-12-25 02:00! | Celebrating Life in | Cheri Peters (Host), Joanie | Cheri Peters and Joanie McCulloch discuss | |
| 2010 12 20 02.00. | Recovery | McCulloch | coming out of hiding. | |
| 2019-12-26 06:00* | Body and Spirit Aerobics | | Dick Nunez with Jonathon Hopkins and | |
| | | Jonathon Hopkins and | Richard Nelson show exercise routines to | |
| | | Richard Nelson | help with lower back problems. | |
| 2019-12-26 10:00* | From Sickness to | Rico Hill (Host), Thomas | Rico Hill, Camille Clark, Thomas Jackson, | |
| | Health | Jackson, Yvonne Lewis, | and Yvonne Lewis discuss high blood | |
| | | Camille Clark | pressure. | |
| 2019-12-26 12:00* | Ultimate Prescription | Nick Evenson (Host), Dr. | Nick Evenson and Dr. James Marcum | |
| | | James Marcum | discuss skin. | |
| 2019-12-26 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), | Jeanie Weaver, Terrence Marshall, and Tim | |
| | | Terrence Marshall, Tim | Tiernan show exercises to help with aching | |
| 2040 42 27 02:00* | Action 1 life | Tiernan | knees. | |
| 2019-12-27 03:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff discuss the importance of breakfast and | |
| | | Thompson Cunum | demonstrate exercises. | |
| 2019-12-27 06:00* | Body and Spirit | Greg Morikone, Michael | Dick Nunez with helpers shows specific | |
| 2010 12 21 00.00 | Body and opine | Webb, Dick Nunez | exercises designed for the low back. | |
| 2019-12-27 09:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses dahalatoullie et al. | |
| 2019-12-27 10:00* | Health for a Lifetime | Don Mackintosh (Host), Neil | • | |
| | | Nedley | heart health. (Part 2.) | |
| 2019-12-29 03:30* | From Sickness to | Rico Hill (Host), Thomas | Rico Hill, Laverne Jackson, Reidland Bredy, | |
| | Health | Jackson, Laverne Jackson, | Sherry-Lynne Bredy, and Thomas Jackson | |
| | | Sherry-Lynne Bredy, | discuss fast food. | |
| | | Reidland Bredy | S | |
| 2019-12-29 06:00* | Body and Spirit Aerobics | | Dick Nunez with Jonathon Hopkins and | |
| | | Jonathon Hopkins and | Megan Frasier demonstrate exercise routines | |
| 2010 12 20 14.00* | Body and Spirit (New) | Megan Frasier | for strength training. | |
| 2019-12-29 14.00 | body and Spint (New) | Jeanie Weaver (Host), Frances Czeizinger, Tim | Jeanie Weaver, Frances Czeizinger, Tim Tiernan show exercises to help an aching | |
| | | Tiernan | back. | |
| 2019-12-29 21:00! | Celebrating Life in | | Cheri Peters and Michael Carducci Jr. | |
| 2010 12 20 21.00. | Recovery | Carducci Jr. | discuss choices. | |
| 2019-12-30 01:00! | Celebrating Life in | | Cheri Peters and Michael Carducci Jr. | |
| | Recovery | Carducci Jr. | discuss choices. | |
| 2019-12-30 05:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses the ultimate | |
| | | | breakfast and lunch preparation. | |
| 2019-12-30 06:00* | Body and Spirit | Dick Nunez, Patricia Juarez, | | |
| | | Tammy Larson | exercises designed to help with fibromyalgia. | |
| 2019-12-30 13:30* | Abundant Living | | discusses tools for transformation. | |
| | 3 | | | |

| All times are Central 7 | Time Zone. Programs marked | d * are 30 min and ! are 1 hour |
|-------------------------|----------------------------|---------------------------------|
| | | |

| Date and Time | Program | Talent | Description |
|-------------------|----------------------------|--|---|
| 2019-12-30 14:00* | Action 4 Life | Casio Jones (Host), Lynne Thompson Cundiff | Casio Jones with Lynne Thompson Cundiff offer some suggestions for a healthy lunch and demonstrate exercises. |
| 2019-12-31 05:30* | Wonderfully Made | Amy Wellard, Cherie Lou Fernandez | Amy Wellard and Cherie Lon Fernandez discuss cervical cancer. |
| 2019-12-31 06:00* | Body and Spirit Aerobics | Dick Nunez (Host), Janet Nelson and Richard Nelson | Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis. |
| 2019-12-31 13:30* | Cook 30 | Jeremy Dixon | Jeremy Dixon discusses thai. |
| 2019-12-31 14:00* | Body and Spirit (New) | Jeanie Weaver (Host), Abigail Czeizinger, Tim Tiernan | Jeanie Weaver, Abigail Czeizinger, Tim Tiernan show exercises to help Strengthen your back. |
| 2019-12-31 17:00* | From Sickness to Health | Rico Hill (Host), Thomas Jackson, Laverne Jackson, Sherry-Lynne Bredy, Reidland Bredy | Rico Hill, Laverne Jackson, Reidland Bredy, Sherry-Lynne Bredy, and Thomas Jackson discuss fast food. |



TELEVISION RADID

NEW5

ONLINE

PUBLISHING

January 9, 2020

Thomas Gunerman Atlantic Broadband 70 E. Lancaster Avenue Frzer, PA 19355

Via email tgunerman@atlanticbb.com

<u>4th Quarter 2019 FCC Closed Captioning and Children's Television Compliance for</u> <u>EWTN Domestic Services: EWTN and EWTN *español*</u>

Dear Thomas:

This letter serves to certify Eternal Word Television Network's ongoing compliance with the FCC Closed Captioning Rules and the commercial limitations set forth in the Children's Television Act of 1990 as explained below:

Closed Captioning of Video Programming - 47 C.F.R. § 79.1. Under sub-parts (11) (expense greater than 2% of gross revenue from that channel) and (12) (gross revenue from that channel less than three million) of subsection 79.1(d), EWTN <u>remains exempt</u>.

Children's Television Act of 1990 - 47 USC § 303a. EWTN remains compliant with the commercial limitations set forth in 47 USC § 303a(b) of less than 10.5 minutes per hour on weekends and less than 12 minutes per hour otherwise.

Please feel free to contact me with questions or concerns regarding this certification.

Best regards, ETERNAL WORD TELEVISION NETWORK, INC.

John B. Manne

John B. Manos, Esq. Vice President and General Counsel

p.s. CALM Act and Caption Quality certifications are now available online at <u>http://ewtn.com/technical.asp</u>

VIA EMAIL: LEGAL@ATLANTICBB.COM AND US MAIL

Suzanne Arundale Sampieri, Paralegal ATLANTIC Broadband 2 Batterymarch Park, Suite 205 Quincy, MA 02169

Dear Ms. Sampieri:

Pursuant to your request for Starz Entertainment, LLC's ("STE") Children's Television Certification, I am enclosing the appropriate certificate of compliance in accordance with the cable operator's public record-keeping requirements for The Children's Television Act of 1990 (the "Act") and 47 CFR §§76.225 and 76.1703, thus satisfying such requirements for the fourth quarter of 2019.

STE does not air commercial matter on any of the channels it operates and provides, including Starz, Starz Cinema, Starz Comedy, Starz Edge, Starz InBlack, Starz Kids & Family, Starz On Demand, StarzEncore, StarzEncore Action, StarzEncore Black, StarzEncore Classic, StarzEncore Español, StarzEncore Family, StarzEncore Suspense, StarzEncore Westerns, StarzEncore On Demand, MoviePlex, MoviePlex On Demand, IndiePlex and RetroPlex. The accompanying certification attests to these channels' full and complete compliance with the Act and the FCC's corresponding regulations, as set forth at 47 CFR §§76.225.

Please contact me at 720-852-6266 if you have any questions regarding this matter.

Sincerely yours,

STARZ ENTERTAINMENT, LLC

By: Todd Hoy

Senior Vice President, Business & Legal Affairs – Distribution

Enclosure

STARZ ENTERTAINMENT, LLC'S CHILDREN'S PROGRAMMING CERTIFICATE

Starz Entertainment, LLC is the owner and operator of the following programming channels distributed by cable television systems: Starz, Starz Cinema, Starz Comedy, Starz Edge, Starz InBlack, Starz Kids & Family, Starz On Demand, StarzEncore, StarzEncore Action, StarzEncore Black, StarzEncore Classic, StarzEncore Español, StarzEncore Family, StarzEncore Suspense, StarzEncore Westerns, StarzEncore On Demand, MoviePlex, MoviePlex On Demand, IndiePlex and RetroPlex. This is to certify that, for the period from October 1, 2019 through December 31, 2019, the foregoing channels, which are all commercial-free premium channels, did not contain any "commercial matter" during any children's programming that was aired on such channels. See 47 CFR §76.225.

I hereby declare that the foregoing is true and correct. Executed this 6th day of January, 2020.

By:

STARZ ENTERTAINMENT, LLC

Todd Hoy

Senior Vice President Business & Legal Affairs – Distribution